

MILK
Type and size specified on check



Least Expensive Brand: whole, lowfat, skim/nonfat
Evaporated/Dry milk: whole, or skim, any brand
Long-life milk: whole, or lowfat, any brand
NO flavored milk or buttermilk

CHEESE



Cheese: Regular, reduced or lowfat, ONE PACKAGE ONLY,
up to 16 ounces, any brand
American, Cheddar, Colby, Monterey Jack Mozzarella or Muenster
NO deli cheese. NO sliced cheese (except American)
NO string, shredded or imported cheese
NO cheese food product/spread, individually wrapped slices,
snack packs or flavored cheese.

EGGS



Eggs: Least expensive brand, Grade A Large, brown or white

PEANUT BUTTER



Peanut Butter: Creamy or chunky, low sodium,
low sugar or natural allowed, JARS ONLY, any brand
NO flavored or reduced fat

NOTE: No organic milk or foods allowed.

DRIED BEANS/PEAS



Dried Beans or peas: 1 pound bag, any brand or type

INFANT CEREAL



Infant Cereal: Dry iron fortified. Beechnut, Gerber or Heinz
NO added fruit or formula

INFANT FORMULA



Infant Formula: Brand and type listed on WIC check

For exclusively breastfeeding women only

TUNA



Tuna: Chunk light packed in water, any brand

CARROTS



Carrots: Fresh or canned, any brand
NO baby carrots

WIC Approved Food List

CEREAL: 12 ounce boxes or larger
NO single serving packets. These brands only:

Bran Flakes: Bestway, Big Y, DeMoulas, Food Club, Great Value, Hannaford, IGA, Kellogg's Complete Wheat Bran Flakes, Nature's Best, Parade, Post Natural, Price Chopper, Ralston, Red & White, Shaw's, Shurfine
Cheerios (plain, Multi Grain Cheerios)
Chex (General Mills - Corn, Rice, Wheat, Multi Bran)
Square-Shaped Corn Cereal/ Rice Cereal: Big Y, DeMoulas, Flavorite, Great Value, Hannaford, IGA, Price Chopper, Shaw's, Shurfine, Stop & Shop
Cream of Wheat (1 minute, 2 1/2 minute, 10 minute)
Crisp Rice: Bestway, Big Y, DeMoulas, Finast, Flavorite, Food Club, Great Value, Grocers Pride, Hannaford, IGA, Krasdale, Nature's Best, Parade, Price Chopper, Ralston, Red & White, Richfood, Shaw's, Shoppers Value, Shurfine, Stop & Shop, White Rose
Corn Flakes: Bestway, Big Y, Country Corn Flakes, DeMoulas, Finast, Flavorite, Food Club, Grocers Pride, Hannaford, IGA, Kellogg's (plain only), Krasdale, Nature's Best, Parade, Price Chopper, Ralston, Red & White, Richfood, Shaw's, Shurfine, Stop & Shop, White Rose Farina
Frosted Shredded Wheat: Market Basket, Finast, Hannaford, Ralston, Shaws, Shurfine, Stop & Shop
Grape Nuts, Grape Nut Flakes
Kellogg's Complete Oat Bran Flakes
Kellogg's Crispix
Kellogg's Mini Wheats Frosted, bite size
Kellogg's Mini Wheats Frosted, original
Kellogg's Product 19
Kellogg's Raisin Mini Wheats
Kellogg's Strawberry Mini Wheats
Kellogg's Special K (plain only)
Kix (plain only)
Maltex
Maypo (Maple, Instant, Vermont Style)
Nutty Nuggets: DeMoulas, Finast, Great Value, Hannaford, IGA, Nature's Best, Parade, Price Chopper, Ralston, Red & White, Shaw's, Shurfine, Stop & Shop, Richfood
Oats & More with Almonds: DeMoulas, Hannaford, IGA, Price Chopper, Shaws, Shurfine, Stop & Shop
Oats & More with Honey: Great Value, Hannaford, Price Chopper, Shaws
Post Banana Nut Crunch
Post Honey Bunches of Oats (Honey Roasted, with Almonds)
Quaker Instant Grits (original flavor)
Quaker Life (plain only)
Quaker Crunchy Corn Bran
Quaker Oat Bran
Quaker Squares (plain only)
Square-Shaped Wheat Biscuits: Great Value, IGA
Tasteeo's/Toasted Oats: Bestway, Big Y, DeMoulas, Finast, Flavorite, Great Value, Hannaford, Krasdale, IGA, Nature's Best, Parade, Price Chopper, Ralston, Red & White, Richfood, Shaw's, Shurfine, Sunny Square, Stop & Shop, Thorofare, White Rose
Total (Whole Grain, Country Corn Flakes)
Wheaties (plain only)
Whole Grain 100: Hannaford, Market Basket, Price Chopper, Stop & Shop

*NOTE: NO organic foods allowed

INFANT CEREAL: Dry iron fortified. Beechnut, Gerber or Heinz.
NO added fruit or formula

INFANT FORMULA: Brand and type listed on check

EGGS: Least expensive brand, Grade A large, Brown or white

JUICE: 100% fruit juice only. Type specified on check:

FROZEN: 11.5 or 12 ounce cans:
Apple: Big Y, DeMoulas, Flavorite, Hannaford, IGA, Parade, Red & White, Richfood, Shaw's, Shurfine, Seneca (red cans, Granny Smith, Country Style), Stop & Shop, White Rose
Grapefruit: any brand
Grape: Big Y, Hannaford, Seneca, Stop & Shop, Shurfine, Welch's (yellow pull-strip can only)
Mixed blend: Dole 100% juice - Pineapple Orange Banana, Pineapple Orange Strawberry, Orange Peach Mango, Orange Strawberry Banana
Orange: Any brand. Calcium fortified orange juice allowed if specified on check
Pineapple: DeMoulas, Dole, Stop & Shop
Pineapple/Orange: Any brand
White Grape/White Grape Blends: Welch's (yellow pull-strip can only)

CANNED: 46 ounce
Apple: IGA, Seneca, Shurfine
Grapefruit: Any brand
Grape/White Grape: Seneca, Welch's
Mixed blend: Juicy Juice (any flavor)
Orange: Any brand
Pineapple: Dole, DeMoulas, or any can labeled "100% HAWAIIAN U.S.A" on can lid
Pineapple/Orange: Any brand
Vegetable: Big Y, Campbell's V-8, Flavorite, DeMoulas, Richfood, Shaw's, Shurfine, Stop & Shop

LIQUID CONCENTRATE: 11.5 ounce cans
Welch's 100% Juice: 100% - Apple, Grape, Cherry Sensation, Fruit Fantastic, Strawberry Raspberry, Tropical Passion, White Grape, Wild Berry
Juicy Juice: Any flavor

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Long-life milk: whole or lowfat, any brand
NO flavored milk or buttermilk

CHEESE: Regular, reduced or lowfat, ONE PACKAGE ONLY, up to 16 ounces, any brand, American, Colby, Cheddar, Monterey Jack, Mozzarella, or Muenster
NO Deli cheese
NO sliced cheese (except American)
NO string, shredded or imported cheese; cheese food/product/spread; individually wrapped slices or snack packs, or flavored cheese

PEANUT BUTTER: Creamy or chunky, JARS ONLY, any brand
NO flavored or reduced fat

DRIED PEAS/BEANS: 1 pound bag, any brand or type

For exclusively breastfeeding women only

TUNA: Chunk light packed in water, any brand

CARROTS: Fresh or canned, any brand. NO baby carrots.

Massachusetts WIC Approved Food Guide



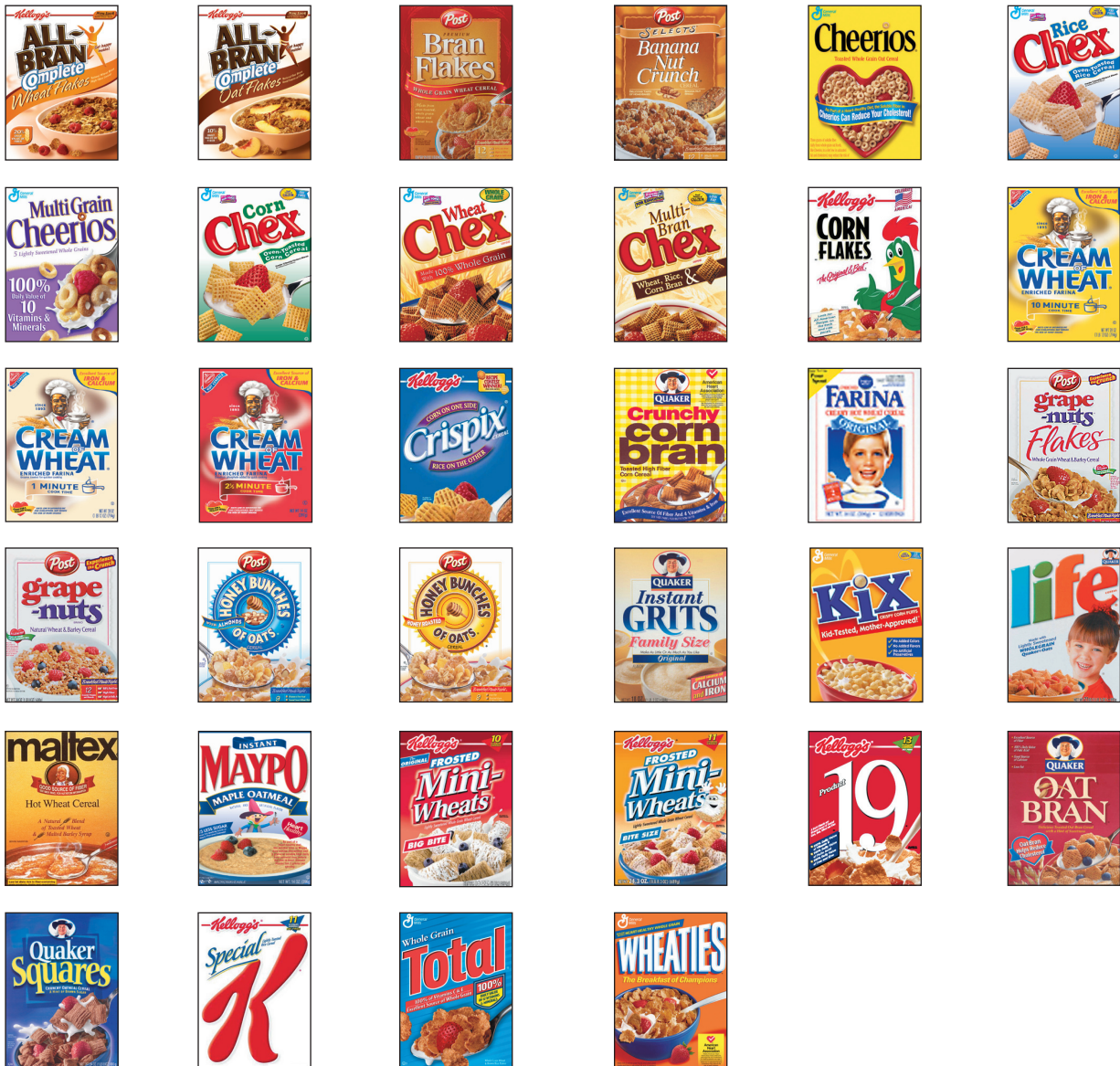
**GOOD FOOD
and
A WHOLE LOT MORE**

1-800-WIC-1007

WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992

Cereals

12 oz. boxes or larger. NO single serving packets. Please see Food List for all approved brands.



You can buy 2 or 3 boxes of cereal – 12 ounces or larger that add up to 36 ounces total.

For example →

Cereal	+	Cereal	=	36 oz.	Cereal	+	Cereal	=	36 oz.
18 oz.		18 oz.			20 oz.		16 oz.		
Cereal	+	Cereal	=	36 oz.	Cereal	+	Cereal	+	Cereal
24 oz.		12 oz.			12 oz.		12 oz.		12 oz.

Canned Juices

Please see Food List for all approved brands.

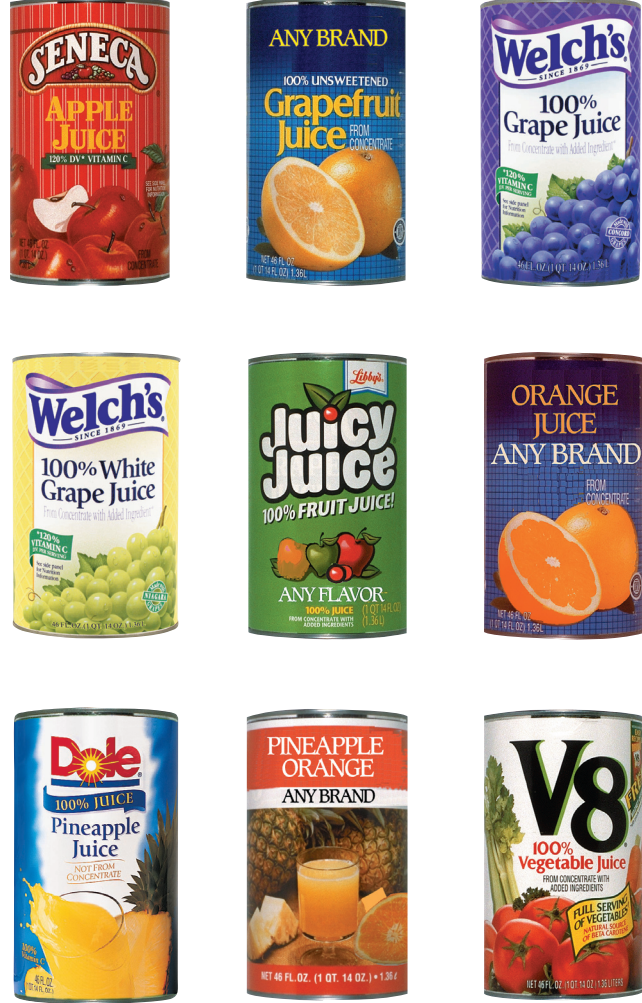
frozen 11.5 or 12-ounce cans



Canned Juices

Please see Food List for all approved brands.

46-ounce cans



liquid concentrate 11.5-ounce cans



To find out about WIC, call 1-800-WIC-1007 or a program near you.

Boston area		
Blue Hill Corridor	(617) 822-5584	
Brighton/Roslindale	(617) 789-2439	
Cambridge/Somerville	(617) 666-5059	
Chelsea/Revere	(617) 887-4340	
Dorchester North	(617) 825-8994	
Dorchester South	(617) 825-0805	
East Boston	(617) 568-6400 x0	
Jamaica Plain	(617) 983-6086	
Roxbury	(617) 989-3055	
South Boston	(617) 464-5850	
South Cove	(617) 521-6777	
South End	(617) 425-2070	
Cape		
Cape Cod	(800) 942-2445	
Outer Cape	(800) 675-1188	
Central		
Framingham/Waltham	(508) 620-1445	
North Central	(978) 345-6272 x1	
South Central	(508) 765-0139	
Worcester	(508) 860-7744	
Northeast		
Lawrence	(978) 681-4960	
Lowell	(978) 454-6397	
North Shore	(781) 599-7290	
North Suburban	(781) 338-7578	
Northern Essex	(978) 374-2191	
Southeast		
Brockton	(508) 588-8241	
Fall River	(508) 679-9349	
New Bedford	(508) 997-1500	
Plymouth	(508) 747-4933	
Quincy	(617) 376-4190	
Taunton/Attleboro	(508) 823-6346 x 227	
Western		
Berkshire North	(413) 445-9429	
Berkshire South	(413) 528-0457	
Franklin/Hampshire/No. Quabbin	(413) 376-1160	
Holyoke/Chicopee	(413) 534-2460	
Springfield North	(413) 737-8868	
Springfield South	(413) 693-1029	

WIC Nutrition Program • Nutrition Division • MA Department of Public Health

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This institution is an equal opportunity provider.

